

What is claimed is:

1. A method of treating an inflammatory disorder in an individual comprising administering to said individual an effective amount of an oligonucleotide up to 30 nucleotides in length complementary to a nucleic acid molecule encoding human tumor necrosis factor- $\alpha$ .

2. The method of claim 1, wherein said oligonucleotide inhibits the expression of said human tumor necrosis factor- $\alpha$  and comprises at least an 8 nucleobase portion of SEQ ID NO: 24, SEQ ID NO: 27, SEQ ID NO: 28, SEQ ID NO: 29, SEQ ID NO: 30, SEQ ID NO: 34, SEQ ID NO: 39, SEQ ID NO: 88, SEQ ID NO: 90, SEQ ID NO: 91, SEQ ID NO: 92, SEQ ID NO: 93, SEQ ID NO: 97, SEQ ID NO: 98, SEQ ID NO: 149, SEQ ID NO: 157, SEQ ID NO: 264, SEQ ID NO: 271, SEQ ID NO: 272, SEQ ID NO: 290, SEQ ID NO: 297, SEQ ID NO: 299, SEQ ID NO: 315, SEQ ID NO: 334, SEQ ID NO: 418, SEQ ID NO: 423, SEQ ID NO: 425, SEQ ID NO: 427, SEQ ID NO: 431, SEQ ID NO: 432, SEQ ID NO: 435, SEQ ID NO: 437, SEQ ID NO: 438, SEQ ID NO: 439, SEQ ID NO: 441, SEQ ID NO: 455, SEQ ID NO: 457, SEQ ID NO: 458, SEQ ID NO: 460, SEQ ID NO: 463, SEQ ID NO: 465, SEQ ID NO: 466, SEQ ID NO: 468, SEQ ID NO: 472, SEQ ID NO: 474, SEQ ID NO: 475, SEQ ID NO: 483, SEQ ID NO: 485, SEQ ID NO: 494 or SEQ ID NO: 496.

3. The method of claim 1, wherein said antisense oligonucleotide is administered orally, topically or parenterally.

4. The method of claim 1, wherein said inflammatory disorder is inflammatory bowel disease, Crohn's disease, colitis or rheumatoid arthritis.

5. The method of claim 1, wherein said oligonucleotide comprises at least one modified intersugar linkage.

5 6. The method of claim 4, wherein said intersugar linkage is a phosphorothioate linkage.

7. The method of claim 1, wherein said oligonucleotide comprises at least one 2'-O-methoxyethyl modification.

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8. The method of claim 1, wherein said oligonucleotide comprises at least one 5-methyl cytidine.

9. The method of claim 7, wherein every 2'-O-  
15 methoxyethyl modified cytidine residue is a 5-methyl cytidine.

10. The method of claim 7, wherein every cytidine residue is a 5-methyl cytidine.

20 11. The method of claim 1, wherein said modified intersugar linkage is a methylene(methylimino) intersugar linkage.